

FADS and FASHIONS WOMAN'S SPACE HOUSEHOLD HELPS

DAY'S WAR MENUS

RECOMMENDED BY THE UNITED STATES FOOD ADMINISTRATION

Breakfast.
Stewed Prunes
Cornmeal Griddle Cakes
Corn Syrup
Poached Eggs
Coffee
Cream Pea Soup

Lunch.
Oatmeal Muffins, Butter
Baked Apple
Tea

Dinner.
Nut and Cheese Roast, With Highly Seasoned Sauce
Mashed Potatoes Carrots
Gelatin Salad, With Pimientos and Cabbage
Cornmeal War Bread Butter
Apple Brown Betty. (Use cooked oatmeal instead of bread crumbs, and corn syrup for sweetening.)

CORNMEAL GRIDDLE CAKES.
1½ cups cornmeal.
2 cups milk.
2 teaspoons baking powder
1 egg
1 tablespoon vegetable oil
Mix and sift dry ingredients. Combine the milk, beaten egg and vegetable oil. Add the liquid ingredients to the dry. Bake on a hot greased griddle.

Oatmeal Muffins.
1½ cups milk
2 tablespoons molasses
2 cups rolled oats
2 eggs
1 tablespoon fat
1 cup flour
4 teaspoons baking powder
1 teaspoon salt
Four hot milk over the oats and let soak one-half hour. Add the beaten eggs, molasses and melted fat. Finally, add dry ingredients which have been sifted together. Bake in greased muffin tins one-half hour in moderately hot oven.

Nut and Cheese Roast.
1 cup cottage cheese
1 cup nut meats
1 cup bread crumbs
Juice of ½ lemon
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons chopped onion
1 tablespoon vegetable oil
Mix the cheese, nuts, crumbs, lemon, salt and pepper. Cook the onion in the fat and a little water until tender. Add the onion and sufficient water or meat stock to moisten. Mix well, pour into a baking dish and brown in the oven. Serve with highly seasoned sauce.

Ginger Drops.
One cupful molasses, one cupful brown sugar, one-half cupful shortening (any kind), one cupful warm water, two teaspoonsful of cinnamon, one teaspoonful of ginger, one-half teaspoonful of allspice, four and one-half cupsful of soda, one teaspoonful of soda, the grated rind of a lemon, a little salt.
Mix molasses, sugar, shortening and spices well; add soda to warm water; alternately add flour and soda and water to mixture. Drop a teaspoonful at a time in a greased pan, giving room to spread. Bake in (inexpensive, and children like these cookies).

Peanut Cookies.
Cream together one cupful of shortening and one and one-fourth cupsful of brown sugar.
Add two well beaten eggs, one cupful of chopped dates, one-quarter pound of chopped peanuts, one teaspoonful of cinnamon, one-half teaspoonful of allspice and one teaspoonful of soda dissolved in a teaspoonful of warm water. Cut out and bake in quick oven.

Walnut Macaroons.
One cupful sugar, one-third cupful butter, two cupsful flour, two eggs, one teaspoonful soda dissolved in hot water, one-half teaspoonful each nutmeg, ground clove and cinnamon, one cupful English walnut meats or black walnut meats, cut, not chopped; one cupful dates, chopped fine.

Cream butter, add sugar gradually, eggs one at a time without beating. Stir in dates, nut meats, spices and the constitution and every order and

soda. Add flour gradually with flour sifter. Drop from teaspoon on greased pan.

HAD THE GRIP THREE WEEKS.
With January comes lagrippe. Linger colds seem to settle in the system, causing one to ache all over, feel feverish and chilly, tired, heavy and drooping. Mrs. Lizzie Tyles, Henderson, Ky., writes: "My daughter had lagrippe for three weeks. I had the doctor and bought medicine and none of it did any good. I gave her Foley's Honey and Tar and now she is all right. I have told all my friends about it." Insist on the genuine Foley's Honey and Tar.—A. R. McIntyre Drug Co.—Advertisement.

Here Are Three Good Recipes

OYSTERS WITH MUSHROOMS

One cup rich, hot milk, one tablespoon butter, salt and pepper, two teaspoons parsley, one teaspoon onion juice, half cup mushrooms, one teaspoon flour, one pint oysters. Cook the flour in half the butter and add to the hot milk. Boil until creamy and add the seasoning, onion juice, parsley (chopped fine) and the rest of the butter. If the mushrooms are canned, add them to this mixture and set over hot water ten minutes. If they are fresh, wash in cold water, drain and simmer for ten minutes in the cream sauce. Five minutes before serving add the oysters, which have been washed and drained. When the oysters curl they are done. Use double boiler.

POTATO CROUTONS

Boil and mash potato enough to make one cupful. Add one egg yolk and beat well. Spread half an inch thick on a baking tin cut in two squares. Brush over with milk and brown in the oven.

UNCOOKED SALAD DRESSING

Here is a recipe for salad dressing which you do not have to cook, and it will keep for weeks. One can condensed milk, one egg, half cupful vinegar, one tablespoonful dry mustard, one teaspoonful salt, one teaspoonful (scant) white pepper. Beat egg and add to milk with tablespoonful of melted butter. Take mustard and pepper and mix with salt and vinegar slowly, so as not to lump. Beat thoroughly with egg beater and always mix well before using.

MILWAUKEE MAYOR MAY RESIGN OFFICE

MILWAUKEE, Jan. 4.—Mayor Daniel A. Hoan, elected to office on the Socialist ticket, issued a statement today saying he could not comply with the platform of the Socialist party adopted at St. Louis and at the same time obey the constitution and laws of the United States. He said the Milwaukee county central committee, the highest local Socialist governing body, held the same view and had voted unanimously that it was Hoan's duty to execute and carry out the laws of the United States.

Whether Mayor Hoan will resign from the Socialist party will rest, it is understood, with the stand the leaders take on his statement.

I reported my conclusions to the Milwaukee county central committee, which agreed with me. I stated to them that there were but two possible courses to pursue, viz., either to resign as mayor or to comply with the laws and the government's request in connection with carrying on the war. I offered to comply with whichever of these two courses it might choose. It immediately agreed with me that I could not obey these requirements and demands of the St. Louis report, and unanimously voted that I execute and carry out the laws of the United States and the constitution and every order and

BARONESS HELD AS GERMAN SPY



BARONESS IONA ZOLLNER

Society of Annapolis, Md., and New York. It is divided in opinion following the sensational jailing of Baroness Iona Wilhelmina Zollner, wife of a German army captain, on a charge of being a Teuton spy.

Wealthy, beautiful, possessed of personal charm, the baroness, daughter of a millionaire, the titled suspect had gained access to many of the best circles in Amer-

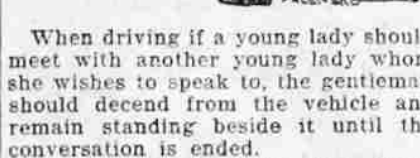
ica and abroad. Federal authorities assert that a code card, incriminating letters and her own contradictory statements show conclusively the guilt of the baroness as a spy. She denies the accusation.

When arrested at her apartment in a local hotel, Lieutenant John W. Spaulding, U. S. A., was with her. He is now being held for trial at Ft. Oglethorpe.

request of the government in connection with carrying on the war. "It may not be out of place for me to state that the Socialist party is not an organization of one man, but that every party member has a voice and vote in its deliberations. Neither the party nor its public officials can be bossed by individuals."

Victor L. Berger, former congressman and Socialist leader in Wisconsin, recently stated in connection with the election of a state senator that any man who cannot stand on the St. Louis platform or who cannot accept the Socialist international position, he that man a mayor or a constable, must get out of the party in justice to himself and the party.

EVERYDAY ETIQUETTE



When driving if a young lady should meet with another young lady whom she wishes to speak to, the gentleman should descend from the vehicle and remain standing beside it until the conversation is ended.

Questions answered by Alicia Hoyt, Miss Hoyt will answer in this column all questions on matters of etiquette addressed to her in care of this paper. If a personal answer is desired enclose a two-cent stamp.

School Girl: I am often asked the question you put to me. Do you find it difficult to talk to the girls of your acquaintance? Talk to the boys just as you do to the girls. The chief reason why so many girls are self-conscious and tongue-tied in the presence of boys is that they look upon them as a strange and different kind of creature. This idea is altogether wrong. A boy is just an ordinary human being like yourself, and you should treat him as such. He is interested in the very things that interest you. Forget yourself; be natural; don't try to be intellectual, and plan what you are going to say any more than with the girls. Remember only that you are jolly companions, and like the same things; and if you can do nothing else, you can always start the subject of school athletics, and he will do the rest of the talking.

Martha V. When you go to visit your cousin, you must not accept an invitation from a young man that does not include her. If the gentleman does not wish to act as escort to two young ladies, he can probably provide an escort for your cousin also.

PRESIDENT NAMES NEW OFFICIALS
WASHINGTON, Jan. 4.—Charles E. Hardy of Nogales, Ariz., was today nominated by President Wilson as cus-

SHE HEADS ARMY SERVICE LEAGUE



When driving if a young lady should meet with another young lady whom she wishes to speak to, the gentleman should descend from the vehicle and remain standing beside it until the conversation is ended.

Questions answered by Alicia Hoyt, Miss Hoyt will answer in this column all questions on matters of etiquette addressed to her in care of this paper. If a personal answer is desired enclose a two-cent stamp.

School Girl: I am often asked the question you put to me. Do you find it difficult to talk to the girls of your acquaintance? Talk to the boys just as you do to the girls. The chief reason why so many girls are self-conscious and tongue-tied in the presence of boys is that they look upon them as a strange and different kind of creature. This idea is altogether wrong. A boy is just an ordinary human being like yourself, and you should treat him as such. He is interested in the very things that interest you. Forget yourself; be natural; don't try to be intellectual, and plan what you are going to say any more than with the girls. Remember only that you are jolly companions, and like the same things; and if you can do nothing else, you can always start the subject of school athletics, and he will do the rest of the talking.

Martha V. When you go to visit your cousin, you must not accept an invitation from a young man that does not include her. If the gentleman does not wish to act as escort to two young ladies, he can probably provide an escort for your cousin also.

PRESIDENT NAMES NEW OFFICIALS
WASHINGTON, Jan. 4.—Charles E. Hardy of Nogales, Ariz., was today nominated by President Wilson as cus-

CIVIC LEAGUE'S PROGRAM FOR '18

BRIGHAM CITY, Jan. 5.—At the meeting of the Civic Improvement Club, held last week at the home of Mrs. E. W. Dunn, the program committee of 1918 submitted the program for the year which was adopted by the club. The complete schedule for 1918 follows:

January 31—Relation of Women to the War, Mrs. Wyan L. Eddy, Miss Eliza Hanson, hostess.
February 28—Patriotic musical, Mrs. W. L. Hargis, Mrs. W. I. Hargis, hostess.
March 28—Civic Day, Mrs. Amanda C. Campbell, Mrs. Charles T. Anderson, hostess.
April 25—Conservation and Care of Food in the Home, Mrs. Nels Jensen, Mrs. O. A. Whitaker, hostess.
May 23—Parliamentary Day, Mrs. Elias Jensen, Mrs. Dan Petersen, hostess.
June 27—Talk, Prof. H. E. Webb, Mrs. Orson Hudson, hostess.

July—Summer social.
August—Summer vacation.
September 26—Election of officers, Mrs. Wm. J. Lowe, hostess.
October 31—Book review, Mrs. William J. Lowe, Mrs. R. T. Willey, hostess.
November 28—Relation of Club Work to Home Life, Mrs. R. T. Willey, Mrs. Harry L. Abramson, hostess.
December 26—Christmas program, Mrs. W. L. Holst, hostess.

The officers of the club are: Mrs. Joseph A. West, president; Mrs. Elias Jensen, vice president; Mrs. Dan Petersen, secretary; Mrs. A. C. Campbell, corresponding secretary; Mrs. W. L. Holst, treasurer.
Executive committee: Mrs. Joseph A. West, Mrs. W. L. Holst, Mrs. W. L. Eddy, Mrs. W. I. Hargis, Mrs. W. O. Knudson, Mrs. A. C. Campbell, Mrs. Dan Petersen and Mrs. Elias Jensen.
Visiting committee: Mrs. W. H. Shurtliffe, Mrs. E. B. Mathias, Mrs. Charles T. Anderson and Mrs. Eliza Hanson.

OLD-TIME COLD CURE—DRINK TEA!

Get a small package of Hamburg Breast Tea at any pharmacy. Take a tablespoonful of this Hamburg tea, put a cup of boiling water upon it, pour through a sieve and drink a teaspoonful at any time. It is the most effective way to break a cold and cure grip, as it opens the pores, relieving congestion. Also loosens the bowels, thus breaking a cold at once.

It is inexpensive and entirely vegetable, therefore harmless.—Advertisement.

CORP. WILKINSON REGAINING HEALTH

Corporal William W. Wilkinson, 316th engineers corps, Company B, Camp Lewis, Wash., recently underwent an operation in the base hospital of the camp and writes home that he is recovering nicely from its effects. He is the son of Mr. and Mrs. Andrew Wilkinson of 2103 Lincoln avenue. His letter follows:

"Dear Folks: Just a few lines to let you know I am fine and dandy. Saturday, the 29th, I went under an operation for my old injury and everything is all O. K. I went to see the doctor and he said that he could fix me up fine so that I would be sound and fine again. So I told him to go to it, and I think he has fixed me up, all right. I am sure feeling fine and get just as good treatment here as any place—two lady nurses and two men, and they are sure good. I hope all of you are well and had a good Christmas. We had quite a nice time here."

COMMON ENEMIES.
First bystander (watching two men fighting)—Can't somebody part them?

THE DAYS FOR WHICH EVERYONE LONGS
Everyone longs for independence, and looks forward to the time when he will have a competency.

The experience of our wealthy men of today shows that they gained their success by hard work, care and saving and safe investment.

An account with us will give you a good start.
COMMERCIAL NATIONAL BANK
Ogden, Utah.

CHICHESTER'S PILLS
THE DIAMOND BRAND.
Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in a box and Gold Seal. Make no mistake. Beware of cheap imitations. Ask for CHICHESTER'S DIAMOND BRAND PILLS, for 25 years known as Best. Safe. Always reliable.
SOLD BY DRUGGISTS EVERYWHERE

WHEN YOU THINK OF QUALITY CLEANSING, THINK OF US

OGDEN STEAM LAUNDRY

437 25th St. Phone 173



Second bystander—Keep back! St. Louis (Mo.) metal polishers have had wages increased from 40 to 50 cents an hour; work week reduced from 54 to 49½ hours.

Have It Repaired

Cleaned or Rebuilt Like New The Cost Is So Little!

The Standard's Repair Directory gives all the principal places where an article can be repaired, and should be preserved in every home as a ready guide.

UNION ASSAY OFFICE, Inc.
Prompt, efficient service is our traveling salesman.
Assayers and Chemists.
P. O. Box 1445
SALT LAKE CITY

STORAGE BATTERIES
Repaired, Rebuilt and Recharged by Experts. We specialize in Electric Starters and Ignition Work.
ELECTRIC STARTER & STORAGE BATTERY STATION
2375 Hudson Ave. Phone 179.

Electric Wiring
And All Kinds of Electric Repairing
BUCKLE ELECTRIC CO.
Telephone 973. 314 25th St.

The Wet Wash LAUNDRY
Washes better and cheaper than you can in your home—only 3c a pound. We call and deliver anywhere.
Plant 1877 Wash. Ave. Phone 1173

FURNITURE AND AUTOS
Upholstered like new. Furniture repaired. Mattresses made over. We call for and deliver work.
Geo. A. Phillips, Prop.
MODERN UPHOLSTER SHOP
2148 Grant Ave. Phone 745-3.

BEST AUTO REPAIRING in Ogden. Honest Work at Honest Prices in our Policy.
When your car is overhauled here, it runs like it did when it left the factory.
CUDE BROS., 2468 Hudson Ave. Phone 835-W.

Edison Phonographs
Repaired like new. Your old machine taken in exchange for a new one. Machines \$30 to \$6000.
PROUDFIT SPORTING GOODS CO.
351-53 24th Street.

WATCH AND JEWELRY (repairing) done by high salaried men in a high-class manner, at reasonable prices.
The best is the cheapest in the end.
J. S. LEWIS & CO., Jewelers.

BEST SHOE REPAIRING in Ogden, by factory expert. We use the best sole leather money can buy. It lasts much longer.
CLARK'S SHOE STORE
2356 Washington Ave.

First Class CLEANING IS AN ART! Just try the
DOLLAR CLEANERS
one trial and be convinced—your suit, skirt, waist, gown or cloak will look just like new and you save 50c, too.
Plant 414 Twenty-fifth St. Phone 513.

Safety Razor Blades
of all kinds sharpened better than new. Double blades, 35c doz.; single 25c. Razors of all kinds and shears ground or honed.
Ogden Barber Supply Co.
318 25th Street.

Bring Us Your BROKEN WINDOWS and old mirrors. We will replace them just like new.
OGDEN ART GLASS & MIRROR CO.
305 24th Street. Phone 514.

Artificial Limbs
of all kinds—repaired. Orthopedic Braces. Largest factory in the west.
Salt Lake Artificial Limb Co., J. F. Cordell, Mgr. 67 So. W. Tem, Salt Lake Ph. Waatch 3125.
FREE CATALOGUE

28 YEARS

under one continuous management

What's Around the Bend?

Every day you come to a turn in your life—can you see around the next bend and do you know what you will meet there?

The best thing—the only thing—is to be on the safe side. A good account in this bank will enable you to meet future emergencies without worry, unhappiness or discomfort.

Four per cent compound interest is paid on savings of a dollar or more.

OGDEN State Bank

CAPITAL & SURPLUS \$300,000.00

4% INTEREST COMPOUNDED 4% QUARTERLY ON SAVINGS.